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Health &amp; Fitness

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## Consumer Reports Picks The Best Equipment For A Home Gym

Whatever your budget, you can get the exercise you need without worrying about the risks of a crowded gym

By Consumer Reports, News Partner

Jul 10, 2020 10:31 am ET

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Looking to set up a home gym to help your workout during the coronavirus crisis? Consumer Reports has some tips. (Colin Miner/Patch)

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### **From Consumer Reports:**

By Janet Lee

Months after COVID-19 first began spreading in the U.S., many states have loosened their lockdowns. Gyms are reopening, though often with new restrictions in place, in many states already and are **set to open soon in others.**

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But as the **coronavirus crisis** continues, you may be questioning whether you want to risk entering a crowded indoor space full of **shared surfaces**, where everyone is breathing heavily. Indeed, researchers in South Korea **examined one outbreak** tied to a group of fitness centers and concluded that "the moist, warm atmosphere in a sports facility coupled with turbulent air flow generated by intense physical exercise can cause more dense transmission of isolated droplets."


Another **study released June 25**, which has not yet been peer-reviewed, found zero cases of the coronavirus among 1,896 Oslo residents who returned to gyms that had strict rules in place for cleaning and distancing. The authors caution that these results may not apply to areas with more COVID-19 in the community. And they cannot show whether the virus might have spread within a gym if one or a few of the people in the study had become infected elsewhere.

So while exercising outdoors is free and easy, perhaps it's no surprise that fitness equipment sales have also been surging—for everything from dumbbells to high-end cardio equipment.

The **U.S. Physical Activity Guidelines** (PDF) recommend doing a minimum of 150 minutes of moderate-intensity aerobic exercise (half that amount if it's vigorous) and at least two whole-body strength training sessions each week. That's achievable at home, even with a very basic setup.

"There's a misconception that you need all sorts of snazzy equipment at home, like what you see at the gym, but that's just not the case," says Michael Piercy, M.S., C.S.C.S., an American Council on Exercise master trainer (he teaches other trainers) and owner of The LAB in Fairfield, N.J. "You can get a great workout with just a couple of pieces of equipment."

## Your Goals, Your Space

Before you start thinking about your budget, there are two key factors that will be different for everyone considering setting up a home gym: your goals and the ph   
space you have available.

"Start at your fitness goals," says Peter Anzalone, who tests exercise equipment at Consumer Reports. "You want whatever equipment you're purchasing to be able to support those goals."

While a well-rounded program is important, some people may be more focused on strength or cardio. Or perhaps you just need **variety to keep from getting bored**. Pete McCall, C.S.C.S., a master trainer in San Diego and author of "Smarter Workouts: The Science of Exercise Made Simple" (Human Kinetics, 2019), suggests trying to recreate what you were doing at the gym, at least as much as possible.

The next thing to think about is space. You can get a lot done in a 6x6-foot area, including strength moves, some general calisthenics, and stretching or yoga.

For most cardio machines, you'll need about 6 to 8 feet by 4 feet for the machine itself. With a treadmill, you'll want a couple of feet around the perimeter and **6 feet behind it for safety**, says Anzalone. A treadmill also needs sturdy floor support to handle the vibration and pounding.

Once you know what you're looking to achieve and where you can make a little room to move, you can set yourself up for success at any budget.

## If You Want To Spend \$15 To \$1,000

At a minimum: Invest in a yoga mat (from \$15), which you can use for yoga, stretching, and floor exercises.

Then, for strength training, add two sets of dumbbells (\$30 and up, depending on the weights), one lighter and one heavier, McCall says. For a little more versatility, he also recommends adding a two-arm resistance band that you can attach to a door frame (from \$20). "It acts like a cable machine at the gym," says McCall. "You can do a lot of exercises from a standing position vs. seated, which engages muscles from your shoulders to your hips."

Cardio machines are hard to afford with a limited budget, but you can find indoor stationary bikes for less than \$500 and rowing machines for less than \$800. Quality varies, and CR does not currently test these machines.



If you already have an outdoor bike, mounting it on a bike trainer (\$100 and up) lets you easily convert it into an indoor cardio machine.

A jump rope (from \$10) is another versatile option with a small price: It can provide an excellent cardio workout (and is good for circuit training), as long as you have high ceilings or outdoor space.

If you're considering buying a used treadmill, see [our tips](#) for choosing one that is likelier to last. Quality treadmills for less than \$1,000 can be hard to come by, but if that is all you want in your home gym, CR recommends several treadmills right around this price. The [Nautilus T616](#) (\$1,000, shown) is durable, well-constructed, and easy to use.

To see more treadmills from CR's reviews of 34 models from Bowflex, Nautilus, Peloton, Precor, and others, check [our treadmill ratings](#) and our [buying guide for more information](#).

## If You Want to Spend \$1,000 to \$3,000

Keep the mat, weights, bands, and jump rope, and add a stability ball or a ball-bench hybrid (you can lift it, use it as a weight bench, or stand on it). McCall also recommends a suspension trainer (less than \$200), such as the TRX, which anchors in a door frame and adds an extra stability challenge to body weight exercises.

For cardio, you have a few more options in this price range. With treadmills at this price, says Anzalone, expect a little more horsepower, a slightly thicker deck, a slightly larger running surface, and more connectivity (like Bluetooth) options than you'd get with the least expensive models.

You can get a fully featured folding treadmill (good for tight spaces) like the [Sole F80](#) for about \$1,500. It comes with a chest strap heart rate monitor (key for tracking your intensity and progress over time) and a variety of exercise programs.

An [elliptical can also be a smart addition](#) for low-impact cardio. Within this price you can get a relatively heavy-duty machine with options for resistance, a wide variety of exercise programs, and nicer displays than you'd find with the least expensive models, Anzalone says.



The **Schwinn 470**, \$900, is a solid machine that comes with 11 different incline levels to help customize your workout. And the price is a relative steal—less than half that of some similar models.

To see more ellipticals from CR's reviews of 28 models from LifeFitness, Sole, Schwinn, True, and others, check [our elliptical ratings](#) and our [buying guide for more information](#).

## If You Want To Spend \$3,000 To \$8,000+

Plan for all of the above resistance training equipment, but expand your weight collection. If space is a concern, look into adjustable dumbbells that range from 3 to 50 pounds in one compact set.

You don't need a multi-gym, a large piece of equipment that allows you to do different strength moves with a range of weight (usually in a seated position).

"I think even at high budgets, functional equipment options (dumbbells and a suspension trainer) add more value, versatility, and bang for your buck than a multi-gym," says Piercy at The LAB in New Jersey.

If you do want to go the multi-gym route, he recommends a cable-based machine, which is more versatile and challenging.

Looking for more instruction for your weight workouts? Interactive home gyms such as Mirror and Tonal (\$1,500 and up), where a virtual trainer (via a large display) walks you through moves for a variety of workouts—including Pilates, boxing, and yoga—are designed to make it feel like you have a trainer in the room with you.

Add a [fitness tracker or smartwatch](#) if you want to monitor your stats during exercise and track your progress over time.

With cardio machines in this high-end range, you'll get larger, high-definition displays on treadmills and even access to live content, meaning you can take classes in real time with other people around the world.

The **Peloton Tread** treadmill, \$4,300—top-rated by CR's testers—does this well, with a wide variety of content (provided via a built-in app, \$39 per month) for running and walking, yoga, weights, and more. If you're missing the social aspect that a gym provides, this option can be very appealing. (Deliveries of the Peloton Tread were **temporarily suspended** in the midst of the coronavirus pandemic. The company has resumed deliveries to **certain areas**.)

When it comes to high-end treadmills, Peloton is not your only option. Our **treadmill ratings** include sturdy, versatile models from Precor and Sole.

Pair your weights, virtual classes, and treadmill with a bike or rower (\$500 and up) and you'll start to wonder why you ever left your house to go to a gym at all.


*Consumer Reports is an independent, nonprofit testing and advocacy organization. Since 1936, we have provided unbiased, evidence-based information and advocated to protect consumers rights and safety. [Sign up for a free CR newsletter](#) to get expert insights delivered to your inbox. This story was originally published by Consumer Reports on June 29, 2020.*

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# Coronavirus Life: Consumer Reports Has Tips On How To Make Your Annoying Mask Less So

Wearing a mask is key to slowing the spread of COVID-19. Here's how to make yours more comfortable and effective.

By Consumer Reports, News Partner

Aug 20, 2020 9:33 am ET

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Even months into the coronavirus pandemic, mask wearing can be problematic. Consumer Reports has some tips.<sup>a</sup> (Colin Miner/Patch)

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### **From Consumer Reports:**

By Hallie Levine

To help contain COVID-19, one of the most important things you can do is wear a mask. Especially when paired with physical distancing, **wearing masks** is "the single best way, short of a lockdown, to slow the spread of the virus," says William Schaffner, M.D., a professor of medicine in the division of infectious diseases at the Vanderbilt Univ School of Medicine in Nashville, Tenn. >

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But small annoyances can discourage people from wearing masks, Schaffner says, even when they know they should. "These may seem like minor problems, but if the **new normal** is going to be mask wearing for months, then they need attention," he says.

The good news is that the things that may bug you about masks are mostly fixable. Even when they aren't, there are steps you can take to minimize them. Here, we have some mask fixes for five common annoyances.

## Glasses Getting Fogged Up

**Why it happens:** "The hot air from your breath escapes from the top of your mask and lands on the cooler surface of your lens," says Marie Budev, D.O., a pulmonary medicine specialist at the Cleveland Clinic. But this is generally only an issue if your mask doesn't fit your face well, she adds. That's when warm air can escape.

**How to fix it:** Look for a mask with a metal wire sewn in that goes over your nose bridge, as many reusable cotton face coverings do. Then you can pinch the top of your mask so that it fits the shape of your nose, says Sidney Gicheru, M.D., clinical spokesperson for the American Academy of Ophthalmology and medical director at LaserCare Eye Center in Dallas. If possible, tighten the sides of your mask as well, by adjusting the straps, so it fits snugly.

Still foggy? You can try putting medical tape or an adhesive bandage on the bridge of your nose to close the gap between your nose and your mask.

Another trick: Budev recommends rinsing your glasses with a little soap and water before putting on your mask. "The little bit of soap foam left will help prevent water from building up and fogging your lens," she says. Or apply special anti-fogging solutions or sprays designed for glasses. You can find them in many drugstores or online.

## 'Maskacne' Appearing On Your Nose Or Chin



**Why it happens:** Sweat that builds up when you wear a mask for an extended period can cause bacteria to build up, triggering acne, says Debra Jaliman, M.D., assistant clinical professor of dermatology at the Mount Sinai School of Medicine in New York. You can also get skin irritations and rashes.

**How to fix it:** Make sure your mask and your face are clean before you put it on, and wash your face at the end of the day or after wearing your mask for a long time. If you notice regular breakouts, you can apply a topical over-the-counter acne cream that contains benzoyl peroxide, which kills the bacteria that causes acne, or ask your dermatologist about prescription products, Jaliman says. A light moisturizer can also help control rashes.

## Difficulty Hearing And Communicating

**Why it happens:** Even people with perfect hearing can struggle to understand others who are wearing a mask. "It's a physical barrier that blocks sound, and when a mask touches your lips, it can cause speech to be mumbled," says Douglas Hildrew, M.D., an ear, nose, and throat specialist at the Yale School of Medicine.

In addition, "human beings are emotional creatures, and even if we don't lip read, we get a lot of information from visual cues, like whether a person is smiling, or their facial expression," he says.

**How to fix it:** If you're wearing a mask, make sure you're speaking slowly and clearly—and ask other mask wearers to do the same.

"People assume that they just need to speak louder, but that's not it—it's making sure you speak as deliberately as possible, so that you can be understood," Hildrew says. "I always joke to my patients that I don't usually sound like Mr. Rogers in real life. But he had a way of choosing his words and breaking up his language so that it was clear, articulate, and deliberate that really worked."

Seattle's Hearing, Speech & Deaf Center offers [instructions for making a deaf-friendly mask](#), which has a clear window over the mouth to allow for lip-reading. (Some companies sell premade masks with a similar design.)



## Nose Or Ears Getting Irritated

**Why it happens:** The elastic ear loops that help keep your mask on can create friction that irritates the back of your ears. Another common hot spot is the bridge of your nose. "The skin there is very fragile," Budev says. This can be particularly pronounced in dark skin, since early warning signs of a pressure ulcer or friction burn may not be as visible and the problem is only discovered when it gets worse, says Onyema Ogbuagu, M.D., an associate professor of medicine at the Yale School of Medicine.

**How to fix it:** Try an over-the-counter wound dressing, like DuoDERM, on areas where your mask rubs against your skin, which can reduce friction and prevent your skin from breaking down.

Another option is to apply a thick, petroleum-based ointment like Vaseline to the bridge of your nose and back of your ears to prevent redness and chafing, Ogbuagu says. Or Budev recommends buying moleskin from a drugstore and applying that to the bridge of your nose.

If it's your ears that are aching, look for a mask that has ties or elastic loops you put around your neck and head, not one that loops behind your ears. Or, on one with ear loops, attach the loops to buttons sewn onto the side of a headband, rather than hooking them behind your ears.

## Mask Slipping Down Constantly

**Why it happens:** "People come with faces of all shapes and sizes, and some men also have hair on their face, which also makes getting a good fit more difficult," Schaffner says.

**How to fix it:** A mask that is slipping is also one you will be tempted to readjust frequently. But once you are out and about, it's important not to touch your mask and risk contaminating it or your hands. Instead, before going out, make sure your mask fits you correctly.

"Put it on and cup your hands around the edges, then pull the mask first up towards your cheeks, then down towards your chin," Schaffner says. Of course, make sure both the



mask and your hands are clean before doing this.

The mask should feel a little harder to breathe in, and you should notice it moving in and out as you breathe. If it doesn't, you need to tighten it. Adjust the ear loops (and tie a knot) so the mask fits snugly against your face and does not gap at the sides or top.

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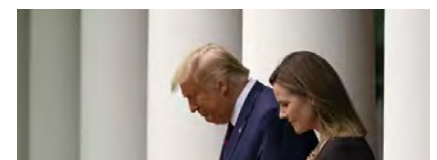
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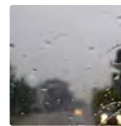
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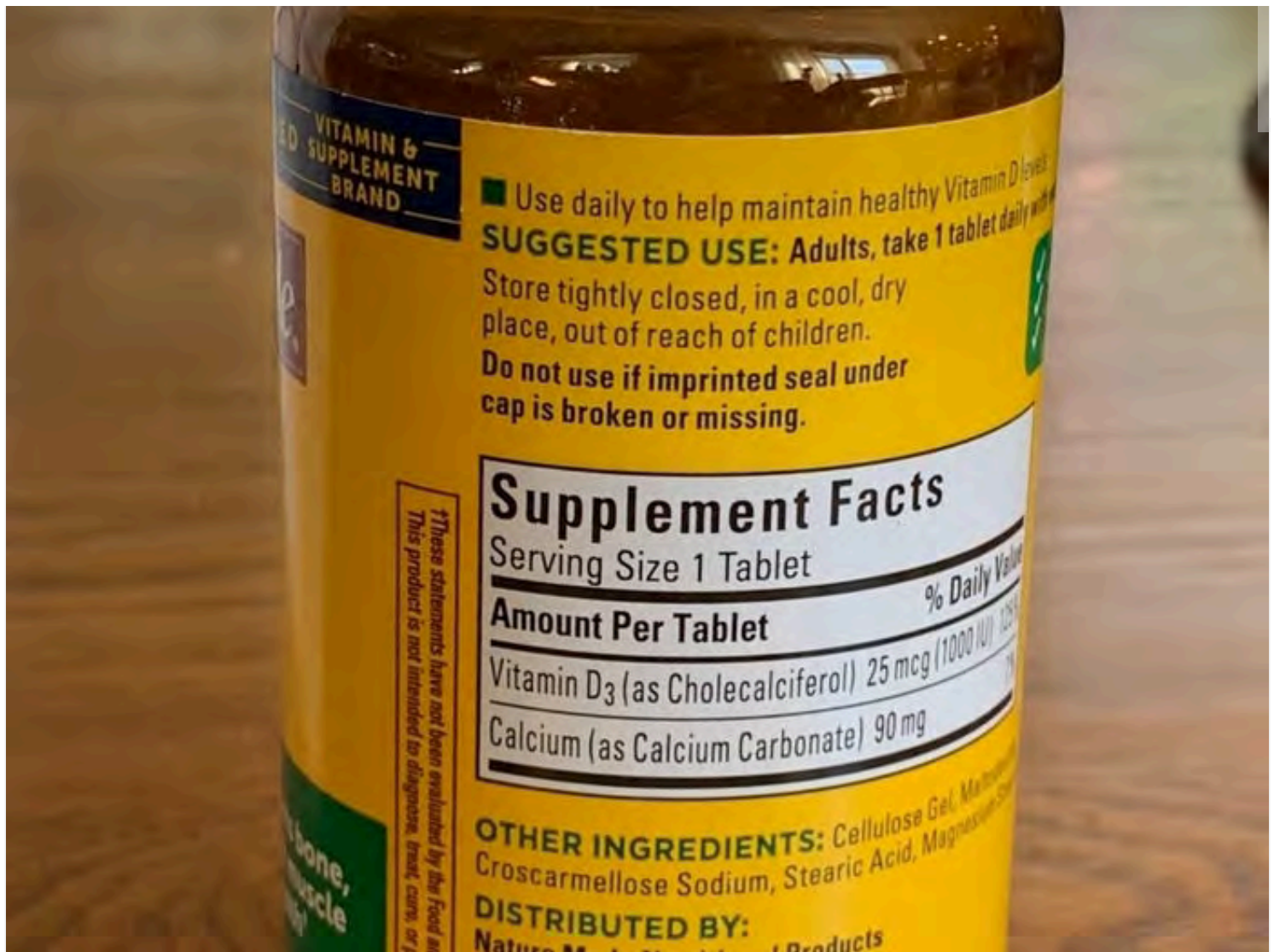
## Coronavirus Life: Consumer Reports Looks At Whether You Should Be Taking Vitamin D

What to know about the risk of low levels of vitamin D, and who should be tested.

By Consumer Reports, News Partner

Sep 3, 2020 2:05 pm ET | Updated Sep 3, 2020 3:19 pm ET

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While some promote vitamin D as a cure-all, there's a lack of research on its benefits in relation to COVID-19. (Colin Miner/Patch)

## ***Consumer Reports Has No Relationship With Advertisers On This Site***

### **From Consumer Reports:**

By Janet Lee

Vitamin D has been promoted as a cure-all. You may have seen headlines claiming that taking vitamin D can help prevent or even treat COVID-19, but there's no solid science to support that yet. A [paper recently published in BMJ Nutrition, Prevention & Health](#) indicated that while everyone should strive to get enough of the vitamin, there's a dearth of research showing a beneficial effect on [COVID-19](#). >

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But there's a connection between vitamin D levels and the risk of respiratory infections in general. The vitamin plays many roles throughout the body. "It supports a range of antiviral responses," says Adrian Martineau, Ph.D., a clinical professor of respiratory infection and immunity at Queen Mary University of London. It boosts the ability of lung cells to fight bacteria and viruses, among other things, he says.

Martineau was the lead author of a [2017 analysis of 25 studies](#) looking at the vitamin and respiratory illness. Published in BMJ, it involved almost 11,000 people of all ages, and concluded that taking a D supplement (anywhere from less than 800 to more than 2,000 IU daily) reduced the risk of having at least one respiratory tract infection. Those who were very deficient in the vitamin (defined in this study as having blood levels below 25 nmol/L) saw the most benefit.

This anti-inflammatory vitamin also puts the brakes on your [immune system](#). "That might seem like a bad thing, but not all immune responses are helpful when your body mounts them, which is particularly well-illustrated in COVID," Martineau says. In many cases, severe COVID-19 symptoms result from the body's overly exuberant response to the virus (what's called a cytokine storm). The result is that the immune system attacks "friendly" tissues instead of targeting just the virus.

## The Risks Of Very Low Levels

Martineau's findings match those of many other studies showing the benefit of raising low levels of vitamin D for a variety of health conditions. It's well-known that having too little of it weakens bones, and some studies suggest there may be a link between a deficiency and a higher risk of cancer, heart attacks, strokes, and more.

"There's no question that additional vitamin D is helpful if someone is low or deficient," says F. Michael Gloth III, M.D., an associate professor in the division of geriatric medicine at Johns Hopkins University's medical school. "But no trial has shown a benefit for giving vitamin D in any population that's already getting enough." >

In 2018, [long-awaited results](#) from a study that looked at the effects of vitamin D and fish oil pills in more than 25,000 people ages 50 and older were published in The New

England Journal of Medicine. Known as the VITAL trial, it found that taking 2,000 IU of vitamin D daily didn't cut cancer or cardiovascular risks compared with a placebo. But few of the people in the study had low blood levels of vitamin D.



Still, some research questions how helpful it is to raise low vitamin D levels. For example, doctors commonly recommend that older adults take vitamin D pills to help prevent falls and fractures. But a [2018 analysis of 81 studies](#), published in The Lancet Diabetes & Endocrinology, failed to support this, although only a few of the trials included people with really low levels.

Moreover, too much vitamin D may actually contribute to fractures. A [2019 study](#) published in JAMA found that people who took 4,000 or 10,000 IU a day saw a reduction in bone density compared with those who took 400 IU. (But other research shows that taking vitamin D with calcium may lead to slight reductions in fracture risk.)

## What Tests Can Reveal

The most common way to measure vitamin D levels is with a blood test for 25(OH)D [25-hydroxyvitamin D], but it's not perfect. "There are many different versions of the test, and the results can vary," says Mark Moyad, M.D., director of complementary and alternative medicine at the University of Michigan Medical Center, who specializes in studying vitamins, minerals, and supplements. You can get different results from different labs and even after multiple tests at the same lab.

"Many of us in geriatrics, for better or worse, do screen and do treat" vitamin D deficiencies, says Veronica Rivera, M.D., an assistant professor of geriatrics and palliative medicine at the Icahn School of Medicine at Mount Sinai. She admits that the evidence about testing and treatment is unclear. "If I'm doing yearly labs on someone, I may add it in. If they're having falls, I may check it. If someone has osteoporosis or osteopenia, I would definitely screen," she says. "The evidence is still conflicting, but I think the safe approach is to keep everyone at sufficient levels and to make it easy."

Another confounding factor is that "normal" D levels may differ depending on  color. We make vitamin D when our skin is exposed to sunlight. Darker skin makes 



harder to synthesize the vitamin, leading to lower levels, but researchers are still trying to understand the health implications of that and the need for supplements.

"The vitamin D test may also be exposing an existing health disparity," Moyad says. In the VITAL trial, he notes, Black people had the lowest D levels and higher rates of hypertension, obesity, and diabetes. It may be that those conditions contribute to low levels of the vitamin. And in general, people of color don't get the same quality of healthcare as white people. "When patients, regardless of race or ethnicity, have better access and equitable opportunities to improve their health," Moyad says, "their vitamin D levels can also increase without initially or only relying on supplements."

## Deciding On Supplements

Ultimately, whether to get tested or take a supplement and how to do it comes down to having a discussion with your doctor.

The National Academy of Medicine recommends 600 IU of vitamin D a day up to age 70; 800 IU daily after that. "The magic number is probably between 800 and 2,000 IU a day," Gloth says.

"No matter your age, you should know what your blood level is," says Christina Barth, R.D.N., a lecturer in nutrition at Arizona State University. If it's not optimal (50 to 80 nmol/L), turn to food first and then a supplement if necessary, she says. Choose vitamin D2 or D3 for the best absorption.

To help you and your doctor decide whether you need a supplement, consider the following factors:

- **How much sun do you get?** Just 15 to 20 minutes a day (on your face, arms, legs, or back, without sunscreen) can give you a healthy dose of vitamin D. But if you've been confined indoors, the way many people have been this year, you may not be able to rely on the sun for your D. You also may need longer sun exposure to produce vitamin D in the winter or if you have darker skin. But more time in the sun means more exposure to UV rays, which can raise skin cancer risk.



- **What's your diet like?** Many foods are fortified with vitamin D, but it may still be challenging to get enough from food alone. Cow's milk and **plant milks** are fortified with it, as are some juices and cereals (all contain about 100 IU per cup). **Fatty fish** (450 IU per 3 ounces) and egg yolks (41 IU) also have D. Mushrooms naturally increase their D levels when they're exposed to UV light (366 IU per half-cup).
- **How old are you?** About 80 percent of older adults don't get enough D in their diet, and with age, skin becomes less able to make the conversion.
- **Do you smoke?** That dangerous habit depletes many vitamins and can limit your body's ability to make D.
- **Are you obese?** People who are carrying extra weight have lower levels of the vitamin. Losing weight may boost D counts.
- **Are you physically active?** Blood levels of vitamin D may increase with more activity.
- **How's your gut?** People with bowel disease or metabolic problems that affect nutrient absorption may run low on the vitamin.

**Editor's Note:** This article also appeared in the October 2020 issue of **Consumer Reports On Health**.

*Consumer Reports is an independent, nonprofit testing and advocacy organization. Since 1936, we have provided unbiased, evidence-based information and advocated to protect the rights and safety of consumers. **Sign up for a free CR newsletter** to get expert insights delivered to your inbox. This article was originally published by Consumer Reports on August 22, 2020.*

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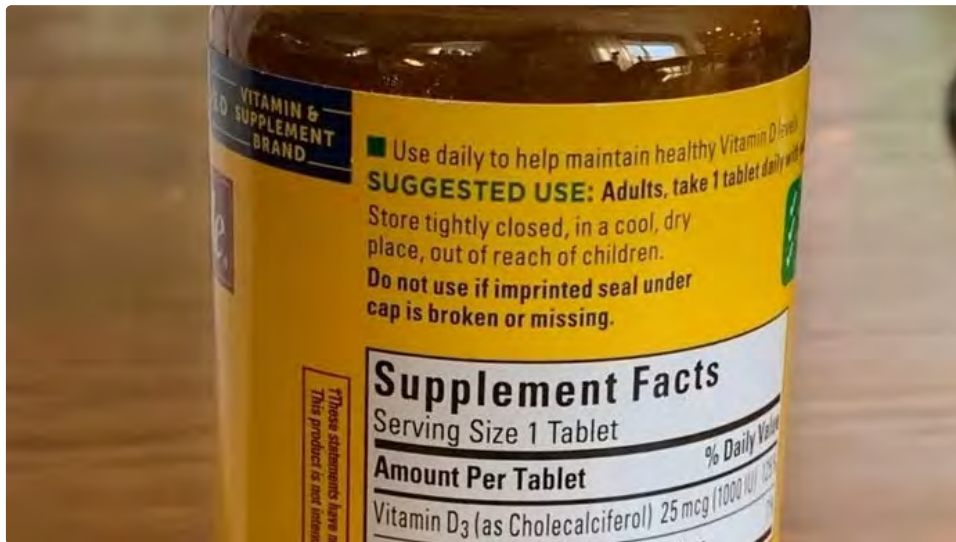
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New York City and other counties hit by the storm will get direct state help under the declaration made Wednesday.

By Matt Troutman, Patch Staff   
Aug 5, 2020 4:58 pm ET

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Gov. Andrew Cuomo declared a state of emergency for New York City and other counties hit by Tropical Storm Isaias. (Matt Troutman/Patch)

**NEW YORK CITY —** Gov. Andrew Cuomo declared a state of emergency following a wave of destruction from Tropical Storm Isaias.

New York City and other counties will get direct state help from the Wednesday declaration for ongoing storm cleanup efforts.

"We're taking an all-hands-on-deck approach and activating every resource at our disposal to expedite communities' recovery from the impacts of Tropical Storm Isaias," Cuomo said in a statement. "The State is working closely with local governments to help ensure they have the help they need to get back on their feet."



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Isaias struck New York City on Tuesday with high winds that left branches and downed trees across neighborhoods.

Roughly 90,000 Con Edison customers in New York City remained without power on Wednesday, with no timetable as to when it would be reconnected. Con Ed said that the storm outage was the second worst in its history, beaten only by Superstorm Sandy in 2012 when 1.1 million customers were left powerless.

Cuomo blasted Con Ed and other utility companies for their response, which left about 703,000 New Yorkers statewide without power. He said the state would investigate.

The emergency declaration allows state agencies to provide direct support to local governments, according to a release.

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### Local Question



**Nanci Zimmerman**, Neighbor  
Upper East Side, NY | 1d



I have not been following NY State politics as closely as I should, so when I recently saw posters in my neighborhood for Judith Graham running for State Assembly, I wondered who she was and what party she is affiliated with. This information is nowhere on her many posters.

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#### Local Question



**Charlotte mueller**, Neighbor

Upper East Side, NY | 1d

I just went to far Rockaway by ferry. A delightful trip. To my dismay there are NO portopotties at the station. When is the parks department going to look after this necessity for travelers who are waiting to board or those who have just arrived. Many thanks for your help.

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**Chuck Klemballa**, Neighbor

Upper East Side, NY | 2d

Sad to say that Writing Room will be closing on Sunday, 9/27. Rent negotiations failed and lack of outdoor space due to bus stop too much to overcome. Had my last happy hours oysters last evening.

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**Paula G**, Neighbor

Upper East Side, NY | 1d | Edited

Overwhelmed by trash along East River north of Carl Schurz? Meet me Monday mornings@10 on Ferry Pier. Bring trash BAG Gloves. Smile like no one can see you!

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#### Local Question



**Bunny Blei**, Neighbor

Upper East Side, NY | 3d

I was at TJMax and saw men working at the former Food Emporiums  
Anyone know if Trader Joe's is really coming.

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**richard barr**, Neighbor

Upper East Side, NY | 4d

My cohelper moved. and could not take her well caredfor , 3 lovely & healthy,immunized cats with her. They are indoor/outdoor, shorthaired, neuterd,well behaved and need a new home. They are



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## Local Question

**Nanci Zimmerman**, Neighbor

Upper East Side, NY | 5d

Hi,

I'd love to get in touch with Dolly who sells the Challah bread but I don't use Instagram. Is there another way I might get in touch to order a bread? Thanks,

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**Martin Smith**, Neighbor

Upper East Side, NY | 6d

I am a tenant at 440 East 81st Street. I have been having a mouse problem--currently--and on and off over time. The building doesn't seem to know how to correct this issue. I have left a message with the NYC Dept of Health--contacted the landlord's office and had hoped the super could fix the

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**Jeffrey Noguee**, Neighbor

Upper East Side, NY | 6d

Congratulations to NYC DOT. The new bike lane on East 62nd between First and York is now up and traffic is not running. By taking away the left lane on a main access to the FDR Drive and the east side exit to the 59th Street Bridge traffic backs up from York all the way onto the Bridge even early

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**Katie K**, Neighbor

Upper East Side, NY | Sep 20

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Patch Upper East Side Patch  
08-05

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Real Estate

# Developer Files Permits To Demolish 5-Story Midtown Building

The five-story structure on the corner of Fifth Avenue and 33rd Street will make way for a 26-story mixed-use building, plans show.

By Nick Garber, Patch Staff 

Sep 25, 2020 5:39 pm ET

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The developer, Pi Capital Partners, filed permits with the Department of Buildings on Sept. 15 to demolish the existing office building, which sits across the street from the Empire State Building. (Nick Garber/Patch)

**MIDTOWN MANHATTAN, NY** — A developer filed permits this month to demolish a five-story building on the corner of Fifth Avenue and West 33rd Street in order to build a new 26-story mixed-use building in its place, city records show.

The developer, Pi Capital Partners, filed permits with the Department of Buildings on Sept. 15 to demolish the existing office building, which sits across the street from the Empire State Building. The plans do not specify when the structure will be knocked down.



Developers first filed plans more than a year ago to construct a 283-foot tower on the lot, to be designed by Raymond Chan Architects. It will include 82 apartments and cover

more than 85,000 square feet, including roughly 56,000 square feet for residential space and about 11,000 square feet for retail, New York YIMBY **reported last year.**

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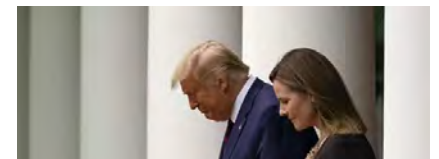
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